



Welcome!

Thank you for choosing LeFave Pharmacy's BALANCE wellness program as your source for information regarding Natural Hormone Replacement Therapy and hormone balance.

HERE AT LEFAVE PHARMACY AND COMPOUNDING our mission is to improve your quality of life by helping you obtain and maintain health and wellness with our compounded natural hormone products. We promote a "whole health" environment where our specialized staff of health professionals are committed to personalizing your care to achieve symptom improvement and maintain balance. We are committed to enabling our patients to enjoy a better quality of life by compounding biologically identical hormones for use in natural hormone replacement therapy. Because these hormones are identical in molecular structure to those made within the body, they do not cause unwanted side effects, nor are they associated with the long term risks caused by synthetic hormones. We also specialize in over the counter (OTC) and non-drug recommendations and counseling to help achieve balance.

In addition to providing customized hormone replacement we also take an overall wellness approach in your care which focuses on sex steroid hormones, thyroid and adrenal function. Nutritional supplementation, diet and exercise recommendations are also provided with every consult. Achieving hormone balance and symptom management involves a comprehensive approach addressing all of these areas. Enclosed is information regarding our programs, testing and nutrition options.

If you have specific questions regarding formulas, dosages, or any other questions after reading this material, please feel free to call us at (989) 354-3189.

We welcome the opportunity to work with you!

Sincerely,

Kristine Spicer, Pharm.D.

Kristine Spicer, Pharm.D.
Pharmacist / Owner / Natural Hormone Replacement Consultant



1202 W. Chisholm Street
Alpena, MI. 49707
989-354-3189ph
balance@lefavepharmacy.com
www.lefavepharmacy.com
shop.lefavepharmacy.com

FAQ's



IS THERE AN AGE RECOMMENDATION FOR TREATING HORMONE IMBALANCE? NO! Hormone imbalance can happen at any age and can affect each person differently. Hormone imbalances can be a result of many conditions such as PMS, PCOS, peri-menopause, menopause, post-menopause or an unhealthy lifestyle. You can also experience adrenal function disorders caused by excess stress. This can, in turn negatively affect your other hormone levels. Thyroid is also something to consider that can become imbalanced at any age.

WHAT IS COMPOUNDING? Compounding is the science and art of customizing a medication for a specific patient. Raw drug powders or compounds are mixed with other essential ingredients necessary to make a particular formulation. This formulation is tailored directly to the patients needs or desires and is something that is not otherwise available on the market. They range from capsules, creams and flavored troches to suppositories, and oral suspensions. Compounds may contain ingredients such as estrogen(s), progesterone, testosterone, DHEA, thyroid, pregnenolone and naltrexone. At LeFave Pharmacy and Compounding your Bio-identical hormones are compounded in a state-of-the-art facility using FDA approved ingredients of the finest quality and highest grade. Our staff are certified and trained in the art of compounding to ensure quality products each and every time.

WHAT OTHER TOPICS ARE PART OF ACHIEVING OVERALL HORMONE BALANCE? Together we will cover important components of hormone balance such as diet, exercise, nutritional supplementation and stress management. We will touch on multiple hormone categories such as sex steroids, thyroid and adrenal function. Treatment of these conditions will include a multi- faceted approach that often includes more than just a prescription.

WHAT ABOUT HORMONE TESTING? We offer a wide variety of testing available here at the pharmacy. While testing is an important part in achieving a responsible hormone balance, it is not always required initially. Our consult will determine at what point testing is recommended. We also offer a wide variety of hormone and genetic testing for both men and women. These specialty tests include nutrition and weight management, sleep cycle hormone studies, food sensitivity testing, alopecia and hair loss testing with a treatment plan, pharmacogenomic testing to evaluate how we metabolize medications, and more!

DOES INSURANCE COVER THESE MEDICATIONS? Some insurance plans reimburse for compounds, however many do not. We will attempt to bill your online pharmacy insurance plan. If you claim is not accepted, we will provide you with a universal claim form in which you can attempt to submit yourself.

DO I NEED A PRESCRIPTION? HOW DO I MAKE AN APPOINTMENT? You do not need a prescription to take advantage of our Balance Wellness Program, however some hormone replacement regimens are available via prescription only. When your appointment is complete, all information along with your plan will be provided to your medical provider for approval. If you do not have a provider, we can connect you with a nurse practitioner who is taking patients and can assist with your prescription needs. You can make an appointment online through our website at <https://www.lefavepharmacy.com/bio-identical-hormone-replacement> or through our online scheduler at <https://schedulelefavepharmacy.as.me/balance> . You can also call us at 989.354.3189 to ask further questions and schedule or email us directly at balance@lefavepharmacy.com

Kristine Spicer, Pharm.D.



**LeFave
PHARMACY
& COMPOUNDING**
"Caring about YOU...Since 1976"

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www.lefavepharmacy.com
shop.lefavepharmacy.com

THE BASICS OF BIOIDENTICAL HORMONES

Patient HandOut



“Bioidenticals are derived from plant substances in soybeans and yams, and are natural in the sense that they are formulated to be biologically identical in structure and function to hormones produced in the body.”

What are bioidentical hormones?

From a physiological perspective, bioidentical hormones derived from natural plant sources are identical to those that the body produces for itself, in the right proportions. When we are “replacing” the body’s hormones, we feel it makes more sense to use entities which the body recognizes as its own, rather than hormones from horses, imbalanced versions or overly potent synthetic versions. The hormones we use are mainly estradiol (E2), estriol (E3), progesterone (Pg), testosterone (T) and DHEA.

How can I get natural hormones?

With the exception of low potency progesterone creams that are widely available over-the-counter, natural bioidentical hormone therapy is generally obtained through a physician’s prescription.

Once I have a prescription, where can I get bioidentical hormones?

Because the ingredients are naturally derived, it is impossible for a manufacturer to obtain a patent on these substances. Without a patent, it is unlikely that any drug manufacturer will go to the expense of pursuing these products for marketing and sales. Consequently, these bioidentical hormones must be prepared for the patient from pure, plant derived chemicals by a pharmacist at a compounding pharmacy.

What is a compounding pharmacy?

Actually, it’s the oldest type of pharmacy in the world: an apothecary with a pharmacist trained in formulating prescriptions and who prepares them from pure ingredients on the order of a physician. A caring and competent pharmacist works closely with the prescribing physician to create just the right dosage form and strength for you, the patient.

What dosage forms are available?

Compounded dosage forms are numerous and variable in nature. Each method has its advantages for use. Usage of specific dosage forms depends on patient compliance, type of response desired and medications involved.



866.600.1636 | info@zrtlab.com

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Oral capsules, vaginal suppositories, transdermal creams, gels and troches (a lozenge that dissolves between the gum and tongue) are among the variety of dosage forms available to be compounded. Ideally hormone supplementation should be tailored to individual treatment needs.

Where do bioidentical hormones come from?

Natural plant sterols are extracted from soybeans and/or Mexican yams. These are taken to a laboratory where they are converted chemically, or semi-synthesized to hormones that are identical and indistinguishable from the body's own.

Bioidenticals are derived from plant substances in soybeans and yams (diadzein and genistein), and are natural in the sense that they are formulated in the lab to be biologically identical in structure and function to hormones produced in the body. For that reason, we prefer to call these hormones "bioidentical" or "plant derived."

We use the term "synthetic" to describe compounds that have been synthesized to mimic natural hormones but with some different properties that make them convenient for pharmaceutical dosing. However, they are not the same structurally as the natural hormone and often have unintended side effects.

Will my insurance company cover these treatments?

Although compounds such as these cannot be processed at the pharmacy like mass produced medications, most insurance companies will reimburse a percentage of the cost to the patient.

Look closely at your benefit package. If you have a flexible spending account or HSA (Health Savings Account), you may use your account to pay for your consult and/or hormone prescription(s).

How will the doctor know what dose is right for me?

Every patient is different! Your physician will take many issues into account: age, weight, symptoms, gynecological history and prior or present use of hormones will all affect the choice of dose and dosage form.

Saliva and/or blood spot testing to identify specific imbalances of one or more hormones eliminates physician guesswork when prescribing. Followup testing and regular monitoring when using hormones allows your doctor to adjust your dose as needed.

For a referral to a natural hormone-friendly doctor, skilled in hormone testing, visit www.zrtlab.com.

"Your physician will take many issues into account: age, weight, symptoms, gynecological history & prior or present use of hormones. All affect the choice of dose and dosage form."

FACTS ON HORMONE BALANCE FOR WOMEN

Patient HandOut



“The degree to which we experience discomfort during the menopause years is likely to be associated with the degree to which our hormones are out of balance.”

Menopause & Hormone Balance

In the years leading up to menopause, also known as perimenopause, menstrual cycles that may once have been like clockwork start to become erratic.

Bleeding may be heavier or lighter than usual – although we are not officially in menopause until we have had 12 consecutive months without a period. Erratic cycles are a sign of erratic ovulation, leading to highs and lows in estrogen and progesterone – an effect many women describe as an emotional roller coaster.

And don't let anyone tell you it's all in your head. When the ovaries begin to sputter, hormone production sputters and so do we: forgetfulness and foggy thinking, mental confusion and mood swings are hallmark symptoms for many women; as are hot flashes and night sweats, tearfulness, unwanted weight gain, thyroid problems and declining interest in sex, no matter how much we love our partner.

Of course not all women experience these symptoms – as individuals we each have our very own biochemistry – but it is common to experience some degree of discomfort during the menopausal years. And the degree to which we experience discomfort is likely to be associated with the degree to which our hormones are out of balance.

If you are a woman experiencing menopausal symptoms, you will want to test at least two hormones: estradiol and progesterone. If you would like a more comprehensive picture, our five panel test measures estradiol, progesterone, testosterone, DHEA-S and morning cortisol.

The Anatomy of a Hot Flash

Is it hot in here or is it just me? – is a common refrain among the estimated 50 to 75 percent of women in the U.S. who experience hot flashes during menopause. Hot flashes can be very mild, or bad enough to have you opening every window in the house, even in the dead of winter.

Also known as “vasomotor flushing,” the hot flash occurs when the blood vessels in the skin of the head and neck open more widely than usual, allowing more blood to shift into the area, creating the heat and redness. Perspiration is also common to the phenomenon and in some women the hot flash takes the form of a night sweat, followed by a chill that has one groping for the covers kicked to the floor just minutes earlier. It's usually over in seconds, and there's no telling when it will recur – maybe minutes, maybe hours – but it will be back.



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Triggered by falling estrogen and rising levels of follicle stimulating hormone (FSH), hot flashes arrive unannounced, and usually at a most inconvenient time – in the middle of a job interview, in the middle of an important speech, in the middle of the night. Besides hormonal changes, anxiety and tension magnify hot flashes and many women find that hot drinks and wine do the same.

Saliva testing identifies the degree to which the specific hormones linked to hot flashes are out-of-whack. Using test results as a guideline, natural hormone supplements can be prescribed to restore balance and cool the hot flashes. Many women also use phyto- (plant) estrogens, such as Dong Quai and Black Cohosh; optimal nutrition and relaxation exercises for added relief. In most cases, hot flashes usually go away a year or two after actual menopause and the cessation of menses.

“Tired but Wired” – Fatigue, Stress & Hormone Imbalance

Many people experience high levels of mental and emotional stress on a regular basis, which puts a significant strain on adrenal function. When stress is not well managed, the ability of the adrenal glands to do their job becomes compromised.

The adrenals normally secrete cortisol in response to stress, with exercise and excitement, and in reaction to low blood sugar. The body normally secretes the highest amount of cortisol in the morning to get us going, with levels decreasing

throughout the day. People with adrenal imbalance will often have normal cortisol levels in the morning with below normal levels at other times during the day. If stress remains too high for a prolonged period, the adrenals can't keep up with demand and total cortisol output plummets, leading to adrenal exhaustion.

The hallmark symptoms of adrenal imbalance are stress and fatigue that is not alleviated with sleep – that “tired all the time” feeling. Other common symptoms include sleep disturbances, anxiety, depression, increased susceptibility to infections, reduced tolerance for stress, craving for sweets, allergies, chemical sensitivities and a tendency to feel cold.

Saliva testing charts the extent to which cortisol levels are out of balance, and can be used as part of a strategy that looks at the whole person and his or her lifestyle. It is helpful to work with a doctor who can design a complete program of hormone balance and then monitor your progress

You can begin to support adrenal function on your own by avoiding hydrogenated fats, excess caffeine, refined carbohydrates, alcohol and sugar. Get plenty of quality protein and eat regular meals of high nutritional value. Key to success is to discover and practice stress management in whatever form works for you personally

Take time out, evaluate the stressors in your life, and find ways of expressing yourself creatively. Get enough rest and sleep, and last but not least, keep a sense of humor!

“The hallmark symptoms of adrenal imbalance are stress & fatigue that is not alleviated with sleep – that “tired all the time” feeling.”

Low Sex Drive (Libido) & Hormone Imbalance

Estrogen, progesterone and testosterone are key players in the maintenance of circulation, nerve transmission and cell division, so an imbalance of these hormones can easily lead to changes in sexual response.

Declining estrogen levels common to the menopausal years can dampen nerve impulses during sex, making us less sensitive to vibration and touch. And since estrogens increase blood flow to sexually sensitive areas, decreased levels can slow or diminish the arousal response. Imbalances of estrogen and testosterone can cause dryness and thinning of vaginal tissue making intercourse uncomfortable or downright painful – an effect that does absolutely nothing for libido.

Key to a normal sex drive is the right balance of estrogen to progesterone. Excess estrogen can reduce thyroid function, which inhibits libido. A balance stabilizes mood and supports thyroid function, which enhances libido. Significantly, progesterone is also a precursor to estrogen and testosterone so we need it in steady supply for optimal sexual pleasure.

Testosterone and DHEA also have a major impact on sex drive. Levels gradually decline in the years leading to menopause, but can drop dramatically after oophorectomy or chemotherapy and radiation treatments.

If you have a low libido and have lost interest in sex, saliva testing to measure levels of estradiol, progesterone, testosterone and DHEA-S can establish probable cause and a rationale for correcting the imbalance.

Hormone Balance & PMS

PMS differs from all other disorders because the diagnosis does not depend on the type of symptoms you suffer from, but on the time when your symptoms appear and disappear.

Dr. Katharina Dalton, a leading specialist who first used the term *premenstrual syndrome*, defines it as the presence of recurrent symptoms before menstruation with the complete absence of symptoms after menstruation. Doctors have identified at least 150 symptoms that occur in PMS but fortunately, because all of us are different, no one has all of them!

Among the most common are bloating, headache, backaches, severe grouchiness, depression, breast tenderness, loss of libido and fatigue. Do these symptoms sound familiar? They are also the symptoms of estrogen dominance!

Dr. Dalton knew this back in the late 50s when she successfully pioneered the use of natural progesterone to balance estrogen in PMS patients. Over the years other U.S. physicians, like Dr. John Lee, joined her in treating women this way. The great majority of patients report remarkable improvement in their PMS symptoms, including the elimination of premenstrual

“Natural progesterone has been used to balance estrogen in PMS patients... patients report remarkable improvement in their PMS symptoms, including the elimination of premenstrual water retention and weight gain.”

water retention and weight gain. Dr. Joel T. Hargrove of Vanderbilt University Medical Center published results indicating a 90 percent success rate in treating PMS with oral doses of natural progesterone.

We know too, that topical progesterone creams are equally effective. This has to do with progesterone's potent balancing effect upon estrogen. Saliva testing can determine if your PMS is associated with estrogen dominance. Measure your saliva levels of estradiol and progesterone during days 19-21 of your cycle. A low progesterone/estradiol ratio on your test report indicates estrogen dominance and the likelihood of PMS symptoms.

If this is the case, it is worthwhile to talk to your doctor about supplementing with natural progesterone to keep estrogen levels in check.

To learn more read: [PMS: The Essential Guide to Treatment Options](#) by Dr. Katharina Dalton and [What Your Doctor May Not Tell You About Menopause](#) by Dr. John Lee.

All About Natural, “Bioidentical” Hormones

Natural, or bioidentical, hormones (BHRT) are synthesized from natural plant substances to be identical in structure and function to those our bodies produced naturally before menopause.

When hormone production starts to drop below normal levels in the years leading

up to menopause, natural hormones are the best and safest way for women to supplement. They are available through your doctor by prescription and tailor-made to meet individual needs by a compounding pharmacist.

Some natural hormones are available over-the-counter but it is always wise to do research first. Consult Dr. John Lee's books on premenopause and menopause for an approved list of creams.

Please note: progesterone is the natural bioidentical form of the hormone as opposed to progestins, which are synthetic progestogenic hormones (the “pro” in Prempro).

Natural progesterone is just like the progesterone your ovaries make; it is available in a topical cream, over-the-counter, and by prescription when compounded with natural estrogens and other hormones by compounding pharmacists.

When hormone balance is restored and maintained using natural bioidentical hormones, there are far fewer side effects, symptoms and cancers than observed with synthetic HRT.

Following natural physiology as closely as possible makes sense, because in a sense, natural hormones at physiological levels have undergone safety trials as long as humans have walked the earth.

“When hormone production starts to drop below normal levels in the years leading up to menopause, natural hormones are the best and safest way for women to supplement.”

What is Progesterone & Why do We Need It?

Progesterone can be thought of as a hormonal balancer, particularly when it comes to the estrogens.

Progesterone is a steroid hormone made by the corpus luteum of the ovary at ovulation, and in smaller amounts by the adrenal glands. It is the precursor, or substance from which most of the other steroid hormones are derived, including cortisol, androstenedione, the estrogens and testosterone.

Progesterone has a remarkable repertoire of important jobs from normalizing blood sugar levels and facilitating thyroid hormone action to regulating menstrual cycles and maintaining a healthy pregnancy. The survival of the embryo in the womb absolutely depends on this vital hormone. Progesterone also has natural calming and diuretic properties, and it enhances the positive effects of estrogen, while preventing the problems associated with estrogen dominance.

Unopposed estrogen can build to unsafe tissue levels that can lead to a strong risk for breast cancer and reproductive cancers. While estrogen levels drop only 40 to 60 percent at menopause, progesterone levels may drop to near zero in some women – resulting in estrogen dominance and the array of symptoms that go with it. Supplementation of natural bioidentical progesterone has been shown to restore hormonal balance, especially during perimenopause and menopause.

Hormone Balance & Osteoporosis

Saliva testing can easily test for imbalances in each of the major hormones that have an impact upon bone health – particularly, testosterone, DHEA, cortisol, estrogen and progesterone. Bone is a hormonally sensitive tissue that is affected by age-related decline in production of these hormones.

Many studies show as they age, both men and women begin to lose bone as the androgens – testosterone and DHEA-S in particular – start to fall off. And when these hormones are low and cortisol is high, bone loss increases at an even more rapid pace. We know that too much stress raises cortisol output, interfering with calcium absorption and bone-building activity, while at the same time stepping up the activity of bone destroying cells. We also know that cigarette smoking, alcohol intake and a lack of physical activity are associated with bone loss.

In a typical case study from our files, a 63 year-old woman, who had never taken hormones since her menopause at age 51, had a bone density scan which revealed osteoporosis in her hip and spine. Saliva testing identified an imbalance of androgens, as well as low estrogen and progesterone levels. Supplementing with natural hormones brought noticeable improvement, but to gain full relief, a program of stress reduction, optimal nutrition and weight-bearing exercise was introduced.

“Too much stress raises cortisol output, interfering with calcium absorption & bone-building activity, while at the same time stepping up the activity of bone destroying cells.”

Estrogen Dominance & Low Thyroid: Weight Gain & Depression

More than 10 million Americans have been diagnosed with thyroid disease; but interestingly, women are at greatest risk – developing thyroid problems seven times more often than men.

Thyroid hormone regulates metabolic rate, so low levels tend to cause unwanted weight gain, depression, low energy and cold intolerance. Excess thyroid causes higher energy levels, a feeling of being too warm all the time and weight loss.

But it's hypothyroidism, or low thyroid, that is most common in women during the perimenopausal and postmenopausal years. In fact, some 26 percent of women in or near menopause are diagnosed with hypothyroidism.

In his book, [What Your Doctor May Not Tell You About Menopause](#), Dr. John Lee discusses how, as he learned more about the condition of estrogen dominance, it became apparent that the taking of thyroid supplements among his women patients was especially common in those with estrogen dominance.

This is because when estrogen is not counterbalanced with progesterone, excess estrogen can reduce thyroid function. Saliva hormone tests show that women who are estrogen dominant often have menopausal symptoms intertwined with low thyroid symptoms. The most common are weight gain or being unable to lose

weight and depression. Cold intolerance, thinning hair, sleep disturbance, fatigue, mood swings and low sex drive are also associated with low thyroid.

If you are suffering from these symptoms, estrogen dominance may be a factor that can be identified through saliva testing. Blood spot testing of the full Thyroid Panel (TSH, fT3, fT4, TPOab) is recommended as a follow-up to estrogen dominance with low thyroid symptoms.

Depression & Mood Swings

Many women experience mood swings and depression as their hormones begin to fluctuate erratically in the perimenopausal years and then decline to even lower levels at menopause. Unfortunately, far too many women are put on anti-depressants when in fact, natural hormone supplementation to smooth out the roller coaster of waxing and waning hormones during these years may be all they need.

All of the sex hormones, especially progesterone, estrogens and androgens, have a potent effect upon state of mind, mood and memory. So when they are out of balance (too high, too low, or up and down), as is not uncommon in mid-life, the effects can range from less than desirable to devastating.

Estrogen, the hormone that surges to highest levels in the first half of the menstrual cycle, has been shown to increase mood-enhancing beta-endorphins in menopausal women as well as in

“Hypothyroidism, or low thyroid, will affect 26 percent of women in or near menopause... low thyroid levels tend to cause unwanted weight gain, depression, low energy & cold intolerance.”

women who are still cycling. It is also known to boost serotonin and acetylcholine – the neurohormones associated with positive mood and memory.

A lack of estrogen can bring on tearfulness and anxiety. But an excess can also affect our mental state by holding sway over progesterone in the waning reproductive years. That's because as we age, we ovulate less frequently; and when we do not ovulate, we do not produce progesterone.

In this way we lose the inherent calming and mood-stabilizing effects of progesterone. We also lose its balancing power upon estrogen, which can reduce thyroid function – leading to low thyroid, and with it, depression.

The androgens, namely testosterone and DHEA, also play an important role in mental outlook and vitality. So it's not surprising that many women find they are in much better spirits once they are put on natural hormone therapy. Hormone balancing is vital after an oophorectomy, as the removal of the ovaries shuts down all hormone production – forcing a woman into menopause overnight.

One of the immediate consequences of the surgery is depression, which can be more safely alleviated by restoring hormone balance than by taking Prozac.

Saliva testing to identify hormone imbalances linked to depression can serve as a basis for restoring balance, and with it a positive outlook on life.

Hormone Balance & Oophorectomy/Hysterectomy

An oophorectomy, with surgical removal of the ovaries, results in a dramatic drop in hormone production. Overnight the main source of estrogen, progesterone and testosterone dries up, with short and long-term consequences. Among these: decreased bone and muscle mass, heart palpitations, vaginal dryness, reduced sex drive and depression.

Women go into instant, surgically-induced menopause following an oophorectomy and are usually placed on estrogen, unbalanced by adequate progesterone. In this case it doesn't take long for supplemented estrogen levels to lead to estrogen dominance. After a hysterectomy without oophorectomy, hormone levels can go into a more gradual decline.

Symptoms of estrogen dominance in women (with or without hysterectomy/oophorectomy) range from mood swings and irritability to heavy periods, tender breasts and weight gain. Long-term, too much estrogen can lead to low thyroid, fibroids and endometriosis, the latter two, ironically, constituting a common cause for hysterectomy!

Identifying estrogen dominance through saliva hormone testing and taking steps to correct the imbalance can prevent conditions leading to hysterectomy (with or without oophorectomy). Saliva testing is also important post-surgery to pinpoint the extent of resulting hormonal deficiencies and monitor physician treatment to restore balance naturally.

“Hormone balancing is vital after an oophorectomy, as the removal of the ovaries shuts down all hormone production – forcing a woman into menopause overnight.”

ESTROGEN DOMINANCE

Patient HandOut



“Estrogen dominance can occur in women during the reproductive years, but tends to be particularly symptomatic during perimenopause & menopause.”

Estrogen dominance refers to an excess of estrogen when progesterone levels are inadequate. This condition can occur in women during the reproductive years, but tends to be particularly symptomatic for women during perimenopause and in menopause.

Estrogen dominance is worsened by women not ovulating, women being exposed to synthetic estrogens and/or women not metabolizing estrogens correctly. Estrogen dominance is a term coined by John Lee, M.D. in the book [What Your Doctor May Not Tell You About Menopause](#).

The Problem

Scientific studies link high estrogen or estrogen imbalance with a wide range of symptoms and conditions, from hot flashes, night sweats, low libido, and foggy thinking to more serious conditions related to reproductive health (endometriosis and PCOS) as well as breast disease including cancer. Hormone imbalances triggered by medications like synthetic hormone combinations have also been found to contribute to estrogen dominance problems.

Symptoms of estrogen dominance include:

- Fibrocystic and tender breasts
- Heavy menstrual bleeding
- Irregular menstrual cycles
- Mood swings
- Vasomotor symptoms
- Weight gain
- Uterine fibroids

Causes

Premenopause: Lack of ovulation and/or reduction of ovarian production of progesterone.

Perimenopause (40s-mid-50s): Lack of ovulation or erratic cycles, when estrogen levels fluctuate rapidly from high to low in the absence of adequate progesterone.

Postmenopause: An imbalance in the estrogen to progesterone ratio in waning reproductive years when ovarian production of estrogen can decline by as much as 60% and levels of progesterone can drop to nearly zero with the cessation of ovulation.



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Balancing Estrogen

Women of all ages benefit from balanced hormones. With menstrual irregularities, PMS, endometriosis and infertility, testing can be helpful in understanding the underlying condition. Health care providers working with perimenopausal and menopausal women find hormone testing to be a key step in detecting and correcting imbalances. Testing hormone levels is also invaluable for monitoring women using hormone replacement therapy.

Why Test Hormones?

Saliva and/or blood spot testing in a ZRT Comprehensive Hormone Profile is a simple, reliable means for determining estrogen dominance. The test measures bioavailable levels, those hormones actively working in the cells of the body. This “bioavailable” measurement can detect long-hidden hormone imbalances and more closely correlates with personal symptoms.

Because hormones work together to create a balanced internal milieu, it makes sense to test all of the following to help determine estrogen dominance:

- Estradiol (E2), the most potent of the estrogens
- Progesterone (Pg)
- Testosterone
- DHEAS

- Cortisol (stress hormones, for adrenal function)
- Thyroid Profile (TSH, T3, T4, TPOab) to detect thyroid imbalances or Hashimoto’s thyroiditis

Benefits

At ZRT Laboratory, we compare symptoms with or without hormone usage and relate these back to tested hormone levels providing more information than is available with standard lab results.

In this way, comprehensive hormone testing can assist detection of previously undiagnosed disorders, and serve as a rational basis for physician treatment to relieve symptoms and restore hormone balance.

For a referral to a natural hormone-friendly doctor, skilled in hormone testing, visit www.zrtlab.com.

“Women of all ages benefit from balanced hormones... Providers working with perimenopausal & menopausal women find hormone testing to be a key step in detecting and correcting imbalances.”



HORMONE / NUTRITIONAL EDUCATION CONSULT - \$ 125

HORMONE EDUCATION FOR WOMEN OF ANY AGE

This appointment is for your cousin, sister, friend or daughter who needs pre-menopause / hormone education. If you want to start now with the tools and information needed to prepare for the next stage of your life, this appointment is for you. Why wait until you are experiencing symptoms to get a handle on what's changing with your body? Learn the basics on all of the hormones, the roles they play within the body, and the upcoming stages of menopause. We will also touch on the importance of nutrition, exercise and maintaining muscle mass to promote overall health and longevity.

HORMONE EVALUATION / RECOMMENDATION PROGRAM- \$ 175

ENROLLMENT IN OUR BALANCE HORMONE EVALUATION / EDUCATION PROGRAM INCLUDES:

- o ~1 hour private consultation / evaluation
- o Intro to hormones and their functions / roles in the body
- o Intro to types of hormone imbalance involving sex steroids, thyroid and adrenal function
- o Overall wellness evaluation / education on thyroid and adrenal function and the role they play
- o Hormone testing options with result interpretation (testing not included)
- o Symptom evaluation, prescriber recommendation and treatment options which *may include* prescription and non-prescription options
 - This includes lifestyle, nutrition, and nutritional supplement recommendations which compliment HRT regimens to ensure success and symptom management
 - The recommended use of HRT will be based on evaluation, patient eligibility and provider approval
- o Follow- up program to re-evaluate, re-test and ensure success
 - Exact F/U program to be determined in initial evaluation

SMART HEALTH WEIGHT MANAGEMENT PROGRAM- \$475

MONTH 1- SMART HEALTH WEIGHT MANAGEMENT PROGRAM:

- o ~1 hour private consultation/evaluation/education (value \$175)
 - o 7-Day Detox Supplements to start INCLUDED (value \$145)
 - o Month 1- *Prescription or Non-Prescription Medication assisted weight management program INCLUDED (value \$170)
- o Sugar Detox Plan / Recommendations
- o Nutrition and Exercise Recommendations
- o 90 Day Smart Health Food / Exercise Tracker (value \$20)
- o #2 InBody body composition analyzer scans (value \$90) (one initially + one follow-up)
- o 30 day check in to re-evaluate / determine next step
 - o Exact F/U program to be determined in initial evaluation
 - o This includes lifestyle, nutrition, and nutritional supplement recommendations which compliment wt. management regimens to ensure long term success and health improvements

(MONTH 2+ ADDITIONAL PRODUCT ONLY PRICING)
*PRESCRIPTION FROM PROVIDER MAY BE REQUIRED

HORMONE EVALUATION & SMART HEALTH WEIGHT MANAGEMENT PROGRAM- \$575

COMBINATION OF ABOVE TWO PROGRAMS



1202 W. Chisholm Street
Alpena, MI. 49707
989-354-3189ph
balance@lefavepharmacy.com
www.lefavepharmacy.com
shop.lefavepharmacy.com



SALIVA / BLOOD TESTING

3-Hormone Saliva- \$100

- Estradiol
- Progesterone
- Testosterone

5 Hormone Saliva- \$150

- Estradiol
- Progesterone
- Testosterone
- DHEA
- Cortisol-AM only

8 Hormone Saliva- \$240

- Estradiol
- Progesterone
- Testosterone
- DHEA
- Cortisol x4
 - (AM, Noon, PM, Bedtime)

12 Hormone Saliva / Blood- \$360

- Estradiol
- Progesterone
- Testosterone
- DHEA
- Cortisol x4
 - AM, Noon, PM, Bedtime
- TSH
- ft3
- ft4
- TPOab

16 Hormone Saliva / Blood- \$480 **Wellness / Weight Management**

- Estradiol
- Progesterone
- Testosterone
- DHEA
- Cortisol x4
 - AM, Noon, PM, Bedtime
- TSH, ft3, ft4, TPOab
- Insulin
- 25-OH D2 / 25-OH D3
- HgA1C

Additional Kits Available

- Adrenal Stress
- Sleep Balance
- Fertility
- Neurotransmitters
- Comprehensive Thyroid Panel
- Elite Thyroid Panel
- Heavy Metals & Essential Elements
- Cardio



SPECIALTY TESTING OPTIONS-W / RESULTS CONSULT

TrichoTest- Alopecia / Hair loss Genetic Test with Personalized Treatment Plan - \$365

- Know your genetic profile related to alopecia and hair loss. Formulate personalized prescriptions to best treat each patient and reduce "trial & error" dissatisfaction. Recommended supplements and prescriptions tailored to each report increases patients compliance for optimal support

My Nutrigen- Diet / Weight Management Test - \$429

***** (120pg Genetic nutrition report)*****

- Know your genetic profile related to diet, general wellness and weight loss. A personalized diet list considering over 500 foods and beverages. General personalized supplements and lifestyle recommendations tailored to each report.

TeloTest - \$199

- Simple test to measure your telomere lengths to suggest a "biological age" compared to real age. Test comes with personalized supplement and lifestyle recommendations tailored to each report

Pharmacogenomics (PGx) Test - \$429

- Predict your likelihood to experience an adverse event or response to a given drug. Genetic variations in metabolism may result in high or low concentrations of drugs and an increase risk of side effects or ineffectiveness of medications. i.e. anti-depressants and pain medications

Food Safe Allergy Sensitivity Profile- \$395

- 190 Foodsafe Combo Food Sensitivity Profile IgG4-

Acne Test w/ Personalized Treatment Plan- \$299

- Genetic awareness to personalize treatment



1202 W. Chisholm Street
 Alpena, MI. 49707
 989-354-3189ph
 balance@lefavepharmacy.com
 www.lefavepharmacy.com

BALANCE NUTRITIONAL PAK OPTIONS

CUSTOM VITAMINS REGIMENS PACKAGED IN DAILY COMPLIANCE PACKAGING



BALANCE VITAMIN PAK - \$54.95/mo

- Women's Nutrients MVI w/minerals
- Omega 3 Fatty Acids (DHA/EPA)
- Vitamin D 50,000IU once weekly



WT LOSS SUPPORT PAK - \$74.95/mo

- Women's Nutrients MVI w/minerals
- Vitamin D 50,000IU once weekly
- Berberine 500mg twice daily
- Chromium 200mcg daily



STRESS SUPPORT PAK - \$64.95/mo

- Women's Nutrients MVI w/minerals
- Vitamin D 50,000IU once weekly
- Adaptan-All cortisol adaptogen supplement



FOCUS PAK - \$124.95/mo

- Men's / Women's Nutrients MVI w/minerals
- Vitamin D 50,000IU once weekly
- CoEnzyme Q10 120mg
- Magnesium L- Threonate



THYROID SUPPORT PAK - \$69.95/mo

- Women's Nutrients MVI w/minerals
- Vitamin D 50,000IU once weekly
- Thyrotain thyroid support



HEART HEALTH PAK - \$119.95/mo

- Ultra Nutrients MVI w/minerals
- Vitamin D 50,000IU once weekly
- Omega Fatty Acid's (EPA/DHA)
- CoEnzyme Q10 120mg
- Nitric Oxide Ultra Capsules



PCOS PAK - \$74.95/mo

- Women's Nutrients Multivitamins w/minerals
- Vitamin D 50,000IU once weekly
- Saw Palmetto 320mg daily
- D-Chiro-Inositol 150mg daily



KIDS PAK - \$74.95

KIDS PAK - FOCUS \$94.95

- Junior Nutrients MVI w/minerals
- Omega Fatty Acid's
- Probiotics
- Magnesium L- Threonate Powder/Cap



HAIR SUPPORT PAK - \$64.95/mo

- Women's Nutrients MVI w/minerals
- Vitamin D 50,000IU once weekly
- Complete Multi- Collagen



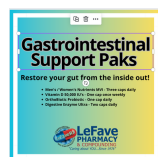
MEN'S VITAMIN PAK - \$64.95/mo

- Men's Nutrients MVI w/minerals
- Vitamin D 50,000IU once weekly
- Omega Fatty Acid's (EPA/DHA)



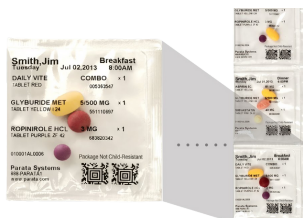
BALANCE **CUSTOM** - \$59.95+/mo

- Women's Nutrients Multivitamins w/minerals
 - Omega 3 Fatty Acids (DHA/EPA)
 - Vitamin D 50,000IU once weekly
- **Additional ingredients based on consult**



GI SUPPORT PAK - \$74.95/mo

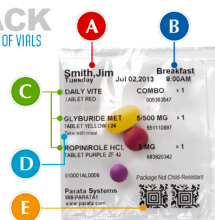
- Women's Nutrients MVI w/minerals
- Vitamin D 50,000IU once weekly
- OrthoBiotics daily probiotic
- Digestive Enzyme Ultra daily



PASS PACK

ELIMINATE ZIPLOC BAGS FULL OF VIALS AND PESKY PILL BOXES

- A** Patient name
- B** Time of administration
- C** Medication names and strengths
- D** Directions
- E** Optional bar code for bedside scanning



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*All vitamin supplements are pharmaceutical grade and are of highest quality available

*Manufactured by Ortho-Molecular, Pure Encapsulations, Xymogen and Ocean Blue Omega Fish Oil companies

INDIVIDUAL PRODUCT PURCHASE (NO CONSULT PROGRAM)

- MONTH 1- SL SEMAGLUTIDE* TAPER UP DOSE \$175
- MONTH 2- SL SEMAGLUTIDE* TAPER UP DOSE \$225
- MONTH 3 - SL SEMAGLUTIDE* TAPER UP DOSE \$275
- 7-DAY DETOX PROGRAM / SUPPLEMENTS- \$145
- NATURAL PRODUCT SELECTION - \$170-190 / MONTH
 - BERBERINE MAX + FIBERLEAN + PROBIOLEAN

PRESCRIPTION FROM PROVIDER REQUIRED

*COMPOUNDED SUBLINGUAL DAILY DOSING FORMULATION W / DOSE ESCALATION EVERY 2 WEEKS

*INBODY BODY COMPOSITION SCAN FREE WITH EACH PURCHASE

Included with every semaglutide prescription / natural product bundle purchase
 Measures: Height, weight, percentage body fat, skeletal muscle mass, water content, visceral fat, basal metabolic rate and more!

GET YOUR InBody Test

SEE WHAT YOU'RE MADE OF

EASY

Change the way you see your weight. Understand your health by seeing how much muscle, fat, and water you have instead of relying on a number on a scale.

QUICK

In less than one minute, see how your diet and exercise are affecting your health. Monitor your progress and reach your goals on your full-page results sheet.

PRECISE

InBody uses the latest patented and cutting-edge technology to provide you with the most accurate results in the industry.




www.inbodyusa.com

InBody [InBody570]

ID	Height	Age	Gender	Test Date / Time
Jane Doe	5ft.01.8in.	51	Female	05.04.2012 09:46

SEE WHAT YOU'RE MADE OF

Body Composition Analysis	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lb)	36.6	60.6	82.2	130.3
Extracellular Water (lb)	24.0			
Dry Lean Mass (lb)	21.6			
Body Fat Mass (lb)	48.1			

Muscle-Fat Analysis	Values
Weight (lb)	130.3
SMM (Skeletal Muscle Mass) (lb)	43.2
Body Fat Mass (lb)	48.1

Obesity Analysis	Values
BMI (Body Mass Index) (kg/m ²)	24.0
PFIF (Percent Body Fat) (%)	36.9

Segmental Lean Analysis	Values
Right Arm (lb)	8.3
Left Arm (lb)	9.7
Trunk (lb)	29.0
Right Leg (lb)	21.0
Left Leg (lb)	21.3

ECW/TBW Analysis	Values
ECW/TBW	0.396

Body Composition History	Values
Weight (lb)	143.9 132.9 137.6 136.2 137.3 134.3 133.4 130.3
SMM (Skeletal Muscle Mass) (lb)	44.3 44.1 43.4 43.4 43.6 43.4 43.6 43.2
PFIF (Percent Body Fat) (%)	41.3 40.7 39.2 39.0 39.4 38.6 37.8 36.9
ECW/TBW	0.399 0.398 0.396 0.396 0.397 0.396 0.398 0.396

Body Fat - Lean Body Mass Control

Body Fat Mass + 21.8 lbs
 Lean Body Mass + 5.5 lbs
 (*) means to gain fatless (-) means to lose fatless

Segmental Fat Analysis

Right Arm (3.5 lbs) → 179.0%
 Left Arm (3.5 lbs) → 184.1%
 Trunk (25.8 lbs) → 239.9%
 Right Leg (6.4 lbs) → 132.5%
 Left Leg (6.4 lbs) → 131.5%

Basal Metabolic Rate
1175 kcal

Visceral Fat Level
Level 12 (Low 10 High)

Results Interpretation


Obesity Analysis
BMI is an index used to determine obesity by using height and weight. PFIF is the percentage of body fat compared to body weight.

Segmental Lean Analysis
Evaluates whether the muscles are adequately developed in the body. In each segment, the top bar shows the comparison of muscle mass to ideal weight and the bottom bar shows that of the current weight.

Body Water Analysis
ECW/TBW is the ratio of Extracellular Water to Total Body Water, which is an important indicator whether the body water is balanced.

Visceral Fat Level
Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy.

Results Interpretation QR Code
Scan the QR Code to see results interpretation in more detail.



Impedance

Z (Ω)	RA	LA	TR	RL	LL
300	3731	3854	257	3030	3141
500	3372	3515	210	2823	2898
700	2974	3115	191	2584	2678



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SMART HEALTH WEIGHT MANAGEMENT PROGRAM

-ORAL SL SEMAGLUTIDE THERAPY-

MONTH 1: \$475

- ~1 HR PHARMACY EDUCATION CONSULT (VALUE \$175)
- 7 DAY DETOX PROGRAM (VALUE \$145)
- SUBLINGUAL SEMAGLUTIDE* TITRATION (VALUE \$175)

STEP 1: MEET WITH PHARMACIST FOR MED HISTORY, INSTRUCTION, RECOMMENDATIONS (BLOODWORK, VITAMINS, ETC)+ HELLO NEW ME JOURNAL

STEP 2: 7 DAY DETOX PROGRAM- SUPPLEMENTS INCLUDED

STEP 3: DAILY SEMAGLUTIDE TITRATION SCHEDULE 1MG/ML #20ML (1ST MONTH THERAPY)

RECOMMENDATIONS TO ASSIST IN SUCCESS:

- 30DAY SUGAR DETOX
- NUTRITION / EXERCISE RECOMMENDATIONS
- 90 DAY SMART HEALTH FOOD / EXERCISE TRACKER (VALUE \$20)
- #2 INBODY BODY COMPOSITION ANALYZER SCANS (VALUE \$90)
- 30D ACCOUNTABILITY CHECK IN

MONTH 2: \$225 / MONTH

- SUBLINGUAL SEMAGLUTIDE* TITRATION CONT'

STEP 1: SEMAGLUTIDE TITRATION SCHEDULE- 2MG/ML #20ML (ONE MONTH THERAPY)

RECOMMENDATIONS TO ASSIST IN SUCCESS:

- SUGAR DETOX
- EXERCISE / FOOD DIARY
- WALK AND WEIGHTS
 - STRENGTH TRAINING
 - WALKING DAILY

MONTH 3+: \$275/ MONTH

- SUBLINGUAL SEMAGLUTIDE* TITRATION CONT'

STEP 1: SEMAGLUTIDE TITRATION SCHEDULE- 3MG/ML #20ML (ONE MONTH THERAPY)

RECOMMENDATIONS TO ASSIST IN SUCCESS:

- SUGAR DETOX
- EXERCISE / FOOD DIARY
 - STRENGTH TRAINING
 - WALKING DAILY

***REQUIRES PRESCRIPTION**



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BALANCE
Wellness and Nutrition
Bio-Identical Hormone Replacement

SMART HEALTH WEIGHT MANAGEMENT PROGRAM

-NATURAL THERAPY-

BERBERINE MAX, FIBERLEAN PWD/CAP, PROBIOLEAN

MONTH 1: \$475

- PHARMACY EDUCATION CONSULT (VALUE \$175)
- 7 DAY DETOX (VALUE \$145)
- NATURAL WT MANAGEMENT BUNDLE (VALUE \$170)

STEP 1: MEET WITH PHARMACIST FOR MED HISTORY, INSTRUCTION, RECOMMENDATIONS (BLOODWORK, VITAMINS, ETC)+ SMART HEALTH JOURNAL

STEP 2: 7 DAY DETOX PROGRAM- SUPPLEMENTS INCLUDED

STEP 3: START WEIGHT MANAGEMENT BUNDLE- PROBIOTIC + FIBER+ BERBERINE (INCLUDED)

RECOMMENDATIONS TO ASSIST IN SUCCESS:

- 30DAY SUGAR DETOX
- NUTRITION / EXERCISE RECOMMENDATIONS
- 90 DAY SMART HEALTH FOOD / EXERCISE TRACKER (VALUE \$20)
- #2 INBODY BODY COMPOSITION ANALYZER SCANS (VALUE \$90)
- 30D ACCOUNTABILITY CHECK IN

MONTH 2 + \$170 -\$190/MONTH

- NATURAL WT MANAGEMENT BUNDLE
 - BERBERINE MAX, FIBERLEAN PWD/CAP, PROBIOLEAN
- RECOMMENDATIONS TO ASSIST IN SUCCESS:
- SUGAR DETOX CONT'
 - EXERCISE / FOOD DIARY
 - STRENGTH TRAINING
 - WALKING DAILY



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SMART HEALTH WEIGHT MANAGEMENT PROGRAM

INTRODUCING OUR WEIGHT MANAGEMENT BUNDLE, A HOLISTIC SOLUTION DESIGNED TO SUPPORT YOUR JOURNEY TOWARDS A HEALTHIER AND MORE BALANCED LIFESTYLE

NATURAL GLP-1 AGONIST

\$170/MONTH

- BERBERINE MAX
- FIBERLEAN PWD
- PROBIOLEAN

OR

\$190/MONTH

- BERBERINE MAX
- FIBERLEAN CAPSULES
- PROBIOLEAN



BERBERINE MAX

FEATURES DIHYDROBERBERINE (DHB), A HIGHLY BIOAVAILABLE METABOLITE OF BERBERINE WITH DEMONSTRATED BENEFITS FOR BLOOD GLUCOSE METABOLISM.

FIBERLEAN

FEATURES SHIMIZU PROPOL® A PROPOLMANNAN—A HIGHLY PURE, NATURAL SOLUBLE FIBER THIS FIBER HAS BEEN STUDIED FOR ITS VISCOSITY AND FOR ITS STABILITY THROUGH THE DIGESTIVE TRACT; STUDIES SUPPORT ITS HEALTH EFFECTS, SUCH AS ON SATIETY, WEIGHT CONTROL, GLUCOSE AND LIPID METABOLISM, AND BOWEL REGULARITY.

PROBIOLEAN

THIS PROBIOTIC STRAIN HAS BEEN SHOWN TO ASSIST WITH HEALTHY BODY COMPOSITION BY IMPROVING GUT BARRIER FUNCTION, SUPPORTING THE REDUCTION OF BODY FAT MASS, AND PROMOTING LESS CALORIE CONSUMPTION



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